

3-DAY FOOD RECORD

In preparation for our visit, please keep a record of what the child ate/drank for 3 days. You can use this form, your own paper, or even take pictures with a phone if you prefer.

The more detail, the better! For example, please list any names of restaurants, name brands of foods, and the portions if you know them.

Thank you, Beth Saltz, RD

DAY 1: Please list meals, snacks and beverages

DAY 2: Please list meals, snacks and beverages

DAY 3: Please list meals, snacks and beverages